

Wiser Living Harrisonburg



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DECEMBER, 2013

50 & WISER

**SPECIAL
POINTS OF
INTEREST:**

- **50 & Wiser**
- **Fighting Back**



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50 & Wiser

Registration for the Winter Activity Guide classes (December 2013 -March 2014) began today. The phone stopped ringing about an hour ago, and I had to check it to be sure it hadn't burned up! Ah, there it goes again. I am always amazed by the calmness of the staff who primarily register people for programs. They are my heroes. I would have destroyed a phone about the first hour, I am afraid. The 50 & Wiser programs will in-

clude Bobbles, Bangles and Beads offered January 15, 22, and 29 from 6-8 pm. All ages are welcome, and we plan to expand the options beyond the usual. For example, we will have a Dremmel tool available to drill holes and carve designs on objects such as wood or seashells to make unusual and very personalized jewelry. Another option is a layered type of necklace that will partially cover neck scars to make it more comfortable to

wear low necked clothing again. Jewelry is the most sentimental and personal of the things we wear. This class will allow people to personalize what they make to meet a variety of needs. It is offered in three classes to enable a person to make a longer-term project. An example would be polishing a small piece of wood and lacquering it the first night, setting it the second night and attaching the piece to the findings on the third night. Hope to see you there! Gail

Fighting Back - Exhaustion

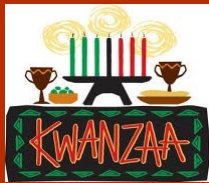
The holiday season is totally awesome, memorable, renewing, and, especially as we grow more mature, exhausting. My personal favorite defenses include short naps, drinking more water, fresh fruit, hot baths, and

hug the nearest cat, dog, or child. People who know stuff also recommend making lists and prioritizing tasks, planning 10 minute breaks, wearing bright colors, sharing love, doing something fun, and un-

plugging the phone for a mini vacation. Time and energy consuming tasks are often not as important as we think they are. Delegate jobs. Know when to stop and put your feet up. Feel the joy—it's there!



Merry Christmas



Holidays of December www.holidayinsights.com

Most North Americans are familiar with the big, traditional holidays, particularly the one you celebrate. This includes Chanukah, beginning November 27 this year; Christmas; and Kwanzaa. These are religious holidays, or “holy days” and are often significant in our lives. However, there are many holidays in December that are not so “holy” days. December 1 is “Eat a Red

Apple Day”. The science of growing apples, pomology, has produced a variety of delicious fruit that stay fresh through the winter. December 3 is National Roof Over Your Head Day. Of unknown origins and lacking congressional records or presidential proclamation, it is nice for those of us to have that roof to remember

and maybe help someone who does not have one. December 5 is “Bathtub Party Day” and was created by Wellcat Herbs. Unplug, a few drops of oil in the water and Ahhh! December 5 is also National Repeal Day when the 18th Amendment was repealed and people were once again free to buy alcohol. I’ll drink to that!

Singing in a Choir Can Improve Health

<http://www.dummies.com/how-to/content/the-benefits-of-singing-in-the-choir.html>

“The only thing better than singing is more singing,” said Ella Fitzgerald. Singing is fun, joyful and uplifting. Can it also be good for you? Research from Heart Research UK and other research studies show that singing is a powerful tool. Some of the key physical benefits are; improvement in the cardiovascular system, reduced stress and better overall health. It makes us feel better, creates pleasure and wellbeing. Singing with a group has even more benefits. If you aren’t the best singer in the world, singing with a group gives you confidence, and your ability will improve greatly with time. As a child, I sang all the time. When I grew up, however, my musician husband (now ex) and others made fun of my singing and discouraged it. I lost my ability to sing. Then one day a friend encouraged me to join a choir.

I started practicing and with persistence I found I could sing again. Now singing in the choir is a very important part of my life. Singing develops healthier lungs and has been shown to slow the progression of COPD. It is a de-stressor and helps develop friendships. I feel better physically and spiritually as a result. However you sing, it can benefit you.

<http://www.bbc.co.uk/news/health-25231910>

Holiday Depression

Some people have wonderful memories of holidays. Others not so much. Talking with friends recently, I was surprised how many people just wish holidays would go away. Holidays began because people need a break from work and routine. Originally holy days, multiple layers of meaning have developed over time. Holidays, therefore, are complicated and changes make them especially difficult sometimes. Someone dear may not be there to celebrate anymore. Holidays in the past may have been painful. Life circumstances may have changed. The anticipation of the joy just isn't there. If a holiday is causing or worsening depression, you aren't alone.

What can you do? WebMD Recommends you keep your expectations modest. Don't get hung up on what is supposed to happen or how you are supposed to feel. Just take each day as it comes. Try to do something different. If you have suffered loss over the last year, change the scene, even if it is a day trip with a friend. Eat dinner out perhaps. Go to a good movie. Keep in touch with family and friends. Develop a "buddy system" with someone you can get in touch with when you are down. Lean on your network of friends. If you don't have one, go to plays, meetings, church, and other events and be-

gin meeting people. Volunteer. That is not only a great way to meet people, but helping someone else is a proven way to make yourself feel better. Don't expect the worst from the holiday. Be open minded to the fun you can have, both alone and with others. Crafts, pets, the neighbors children, all can be a great help. If you have a friend who is depressed, don't be pushy or tell them how they ought to feel or what they ought to do. Give them some choices of things to do together. Offer to bring them a meal or two and then eat it with them. Play games or watch a special on TV. Don't stay too long, however. Sometimes people just need some space. Put the holiday in perspective-another day. Last of all, give yourself a holiday present.

In Austria, Krampus is Santa's evil twin whose job is to punish children who have misbehaved.



Happy Ho Ho



"It's normal to get depressed around the holidays, especially when we put too much pressure on ourselves."



"I was texting while driving my sleigh. Your toys are in a ditch outside of South Bend, Indiana."

Diabetic Gourmet Recipes: <http://www.diabeticgourmet.com/recipes/html/1119.shtml>

This simple-to-make coffee cake, with its apricot, cinnamon and nut filling, has all the richness of full fat, and the richness of sugar.

Ingredients

Walnut Filling:

- 1/2 cup sugar-free apricot preserves or apricot spreadable fruit
- 3/4 cup Equal Spoonful or 12 packs
- 4 tsp ground cinnamon
- 1/2 cup chopped nuts

Coffeecake:

- 2-1/2 cups reduced fat baking mix (Bisquick)
- 2 cups Equal Spoonful/granulated
- 2 tablespoons cornstarch
- 1 cup low fat vanilla yogurt
- 6 tablespoons stick butter or margarine, melted
- 1/4 cup 2% milk
- 2 eggs
- 1 teaspoon vanilla
- 1/2 teaspoon almond extract

Directions:

1. For Walnut Filling, combine 1/2 cup apricot preserves, 3/4 cup Equal, cinnamon and nuts in small bowl; set aside.
2. For Coffeecake, combine baking mix, 2 cups Equal and cornstarch. Add remaining ingredients, mixing until smooth. Spread 1/3 of batter in well sprayed 9 or 12 cup bundt pan. Spoon half the Walnut Filling over batter, Repeat layers, ending with batter.
3. Bake in preheated 350° oven 40 to 45 minutes or until coffeecake is browned on top and wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Invert onto rack and cool.
4. Spoon 1/3 cup apricot preserves over top of coffeecake, if desired. Serve warm.

Nutritional Information (per serving)

Calories: 175; Protein: 4 g; Sodium: 308 mg; Cholesterol: 18 mg; Fat: 7 g; Carbohydrates: 27 g; Exchanges: 2 starch, 1 fat. Source: Equal



Q A B J Y Y M K Q M B O M G C
 P M W F L U Y A T N A S K H X
 W A M Q L L R K E N P H R M Q
 Y N B T O E R L K W H I D P V
 H G U Y J T E F O G S P B M H
 S E H R R I M N I T H H I O E
 W R O E E D J E M O S S E T C
 Z G L E E E L A L H T X K S W
 S T I H D S S L F L R W A X S
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 A Z A K I Z N T J I D L T J O
 U R Y R E V O N A T I V I T Y
 B Y S X R E I F D G B B U S O
 J R U D O L F T I C K C R N J
 Y A D H T R I B F H K Q F I N

December

birthday

cheer

Christmas

fruitcake

holidays

holly

jolly

joyous

manger

merry

mistletoe

nativity

merry

mistletoe

nativity

reindeer

Rudolf

Santa

sleigh

star

yuletide